

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 70: Percentage of California Children who Reported Engaging in Any Physical Activity and Average Minutes Reported Yesterday (N=651)

Did you do any physical activities yesterday, on [DAY]?

	Reported Any Physical Activities Yesterday, Percent	Minutes of Physical Activity Reported Yesterday, Mean	
Total	93.0	80.5	
Gender			
Male	92.9	83.7	
Female	93.1	77.1	
Age			
6-8	94.9*	88.8***	
9-11	90.7	70.4	
Ethnicity			
White	90.4	104.4**	a
Black	93.1	92.8	ab
Hispanic	93.5	73.4	b
Asian/Other	91.2	94.4	ab
Parent Education			
Less than High School	92.8	69.9***	a
High School Graduate	95.6	89.5	b
Some College/Graduate	91.9	91.2	b
Overweight Status			
Not Overweight	94.4	79.4	
Overweight/Obese	92.9	89.0	
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	96.2	96.3*	
Below Guideline	92.5	78.1	
School Breakfast			
Yes	94.8	73.6	
No	92.4	82.6	
School Lunch			
Yes	95.6*	78.2	
No	91.0	82.2	
Fast Food			
Yes	95.7	104.8***	
No	92.6	77.0	
Nutrition Lesson			
Yes	95.5	79.8	
No	92.2	84.2	

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

**Table 71: Range of Physical Activity Minutes Reported
by California Children Yesterday (N=651)**

What physical activities did you do yesterday?

How long did you spend doing [ACTIVITY] yesterday?

	Minutes of Moderate and Vigorous Physical Activity, Percent		
	<30	30-59	≥60
Total	17.7	26.8	55.5
Gender			
Male	16.0	27.6	56.4
Female	19.6	26.0	54.5
Age			
6-8	14.4	25.3	60.3
9-11	21.7	28.6	49.6
Ethnicity			
White	21.6	18.5	59.9
Black	17.9	22.0	60.0
Hispanic	17.3	29.5	53.2
Asian/Other	13.2	18.9	68.0
Parent Education			
Less than High School	17.8	32.6	49.6
High School Graduate	16.4	26.5	57.1
Some College/Graduate	18.3	18.5	63.2
Overweight Status			
Not Overweight	17.6	29.6	52.8
Overweight/Obese	15.4	21.6	63.0
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	8.8	26.8	64.4
Below Guideline	19.0	26.8	54.2
School Breakfast			
Yes	16.4	29.4	54.1
No	18.1	26.0	55.9
School Lunch			
Yes	18.2	27.0	54.8
No	17.4	26.6	56.0
Fast Food			
Yes	7.8	13.8	78.3
No	19.1	28.6	52.2
Nutrition Lesson			
Yes	14.8	30.0	55.3
No	18.3	23.1	58.6

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 72: Percentage of California Children who Reported Engaging in Muscle and Bone Strengthening Activities Yesterday (N=651)

What physical activities did you do yesterday?

	Physical Activities Reported Yesterday, Percent	
	Muscle Strengthening ¹	Bone Strengthening ²
Total	13.1	91.7
Gender		
Male	8.6 ***	92.2
Female	17.7	91.2
Age		
6-8	14.2	93.5
9-11	11.7	89.5
Ethnicity		
White	21.2	90.4
Black	11.7	92.1
Hispanic	11.3	92.2
Asian/Other	21.8	86.9
Parent Education		
Less than High School	10.6	91.3
High School Graduate	12.2	94.2
Some College/Graduate	17.1	91.0
Overweight Status		
Not Overweight	13.0	94.1
Overweight/Obese	14.7	90.9
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	15.4	96.2
Below Guideline	12.7	91.0
Physical Activity		
≥ 60 minutes	14.8	98.0 ***
< 60 minutes	11.0	83.8
School Breakfast		
Yes	11.2	94.0
No	13.6	91.0
School Lunch		
Yes	17.6 **	95.2 **
No	9.6	89.0
Fast Food		
Yes	22.9 **	95.7
No	11.7	91.1
Nutrition Lesson		
Yes	13.6	94.2
No	13.0	91.2

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do muscle strengthening activities at least 3 days per week and bone strengthening activities at least 3 days per week as part of their 60 or more minutes of physical activity.

¹ Muscle strengthening activities include aerobics/weight training/gym/exercise, gymnastics/tumbling, playing games: specify, wrestling, other: specify. Weight training was coded as part of a group; the entire group is included.

² Bone strengthening activities include aerobics/weight training/gym/exercise, baseball/softball/catch/pitching, basketball, cheerleading, dance, field/street/roller hockey, football, golf, gymnastics/tumbling, hiking, ice hockey/skating, jumping rope, lacrosse, martial arts, playing games: specify, roller blading/skating, running/jogging, scooter riding, skateboarding, soccer, tennis, track and field, volleyball, walking, other: specify.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 73: Percentage of Children who Reported Meeting the Physical Activity Recommendation Yesterday (N=651)

What physical activities did you do yesterday?

How long did you spend doing [ACTIVITY] yesterday?

	60+ Minutes of Moderate and Vigorous Physical Activity Yesterday, Percent
Total	55.5
Gender	
Male	56.4
Female	54.5
Age	
6-8	60.3 **
9-11	49.6
Ethnicity	
White	59.9
Black	60.0
Hispanic	53.2
Asian/Other	68.0
Parent Education	
Less than High School	49.6 **
High School Graduate	57.1
Some College/Graduate	63.2
Overweight Status	
Not Overweight	52.8 *
Overweight/Obese	63.0
Fruits and Vegetables	
Met MyPlate (2½-5 cups)	64.4
Below Guideline	54.2
Physical Activity	
≥ 60 minutes	54.1
< 60 minutes	55.9
School Breakfast	
Yes	54.5
No	56.4
School Lunch	
Yes	54.8
No	56.0
Fast Food	
Yes	78.3 ***
No	52.2
Nutrition Lesson	
Yes	55.3
No	58.6

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 74: Range in the Number of Different Types of Physical Activity Reported by California Children Yesterday (N=651)

What physical activities did you do yesterday?

	Number of Physical Activities Reported, Percent		
	0-1	2	3+
Total	32.2	40.4	27.4
Gender			
Male	34.1	39.0	26.9
Female	30.1	41.9	28.0
Age			
6-8	34.4	38.6	27.1
9-11	29.5	42.6	27.9
Ethnicity			
White	24.5	36.4	39.2
Black	26.5	38.0	35.5
Hispanic	34.6	41.8	23.6
Asian/Other	28.9	36.2	35.0
Parent Education			
Less than High School	37.3	41.6	21.1
High School Graduate	28.7	46.4	24.9
Some College/Graduate	26.5	35.7	37.9
Overweight Status			
Not Overweight	28.0	46.2	25.9
Overweight/Obese	26.5	38.3	35.2
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	24.0	42.7	33.3
Below Guideline	33.4	40.1	26.6
Physical Activity			
≥ 60 minutes	19.5	43.3	37.1
< 60 minutes	48.0	36.5	15.5
School Breakfast			
Yes	25.0	38.5	36.5
No	34.3	41.0	24.7
School Lunch			
Yes	23.4	39.8	36.8
No	38.9	40.9	20.2
Fast Food			
Yes	20.3	45.6	34.1
No	33.8	39.7	26.5
Nutrition Lesson			
Yes	31.0	37.6	31.4
No	31.0	43.8	25.2

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day. Aerobic activity should make up most of the physical activity. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 75: Comparison of the Frequency and Amount of Time Spent in School Physical Education (PE) Classes Between Children Reporting Any Physical Education and All Children (N=651)

In the past school week, how many days did you have PE or gym class?
How long do you usually spend doing physical activities in PE or gym class?

	Days Per Week Children Reported Having PE Classes, Percent				PE Classes Per Week, Mean Days	Time Spent in PE Being Physically Active, Mean Minutes
	0	1-2	3-4	5+		
Only Children Reporting Any PE Classes		44.5	27.2	28.3	3.1	36.6
All Children	15.0	37.8	23.1	24.0	2.6	30.8

Excludes those reporting "don't know" and those who refused to answer.

California law mandates that elementary school children get 200 minutes of PE every ten school days. This is an average of 33.3 minutes of PE at 3 times a week.

Rows may not add up to 100% due to rounding.

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 76: Frequency and Amount of Time Spent in School Physical Education (PE) Classes by California Children (N=651)

In the past school week, how many days did you have PE or gym class?

How long do you usually spend doing physical activities in PE or gym class?

	PE Classes Per Week, Mean Days	Time Spent in PE Being Physically Active, Mean Minutes
Total	2.6	30.8
Gender		
Male	2.6	29.7
Female	2.6	32.0
Age		
6-8	2.7	27.3 ***
9-11	2.5	34.8
Ethnicity		
White	2.4	31.2
Black	2.4	28.7
Hispanic	2.6	31.0
Asian/Other	2.9	32.0
Parent Education		
Less than High School	2.5	29.8
High School Graduate	2.7	30.6
Some College/Graduate	2.7	32.3
Overweight Status		
Not Overweight	2.6	30.4
Overweight/Obese	2.5	32.3
Fruits and Vegetables		
Met MyPlate (2½-5 cups)	2.6	29.0
Below Guideline	2.6	31.0
Physical Activity		
≥ 60 minutes	2.7	31.4
< 60 minutes	2.5	30.0
School Breakfast		
Yes	2.5	29.7
No	2.6	31.1
School Lunch		
Yes	2.5	30.2
No	2.7	31.3
Fast Food		
Yes	2.6	28.4
No	2.6	31.1
Nutrition Lesson		
Yes	2.6	32.6
No	2.6	30.4

Excludes those reporting "don't know" and those who refused to answer.

California law mandates that elementary school children get 200 minutes of PE every ten school days.

This is an average of 33.3 minutes of PE 3 times a week.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 77: Minutes of Television and Computer Screen Time Reported Yesterday and Proportion Meeting the *Healthy People 2020* Guidelines by California Children (N=651)

Yesterday, about how much time did you watch TV, watch videos/DVDs, or play video games?

Yesterday, about how much time did you spend using a computer or playing computer games for fun?

	Minutes Spent Watching TV, Videos/DVDs, or Playing Video Games, Mean ¹	Met <i>Healthy People</i> 2020 Guideline for 2 or Fewer Hours of TV Time, Percent	Minutes Spent Using the Computer or Playing Computer Games, Mean ²
Total	80.9	85.9	16.7
Gender			
Male	84.8	84.1	19.4 *
Female	76.8	87.9	13.9
Age			
6-8	85.6	85.7	16.6
9-11	75.2	86.2	16.9
Ethnicity			
White	71.3	88.3	18.5
Black	88.9	75.6	24.4
Hispanic	81.6	87.0	14.8
Asian/Other	77.7	88.3	21.8
Parent Education			
Less than High School	77.0 *	89.3 *	15.4
High School Graduate	96.7	80.1	16.0
Some College/Graduate	78.7	84.0	18.9
Overweight Status			
Not Overweight	73.7 *	88.1 *	16.0
Overweight/Obese	87.9	80.5	19.3
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	62.5 **	94.3 *	16.0
Below Guideline	83.6	84.7	16.8
Physical Activity			
≥ 60 minutes	82.6	84.7	16.3
< 60 minutes	78.6	87.4	17.4
School Breakfast			
Yes	76.9	87.5	10.7 **
No	82.1	85.4	18.7
School Lunch			
Yes	68.2 ***	89.6 *	14.5
No	90.8	83.1	18.6
Fast Food			
Yes	84.4	82.5	12.6
No	80.4	86.4	17.3
Nutrition Lesson			
Yes	77.3	87.4	16.0
No	83.1	85.5	16.0

¹ Excludes television or video watching at school or on a computer.

² Excludes any schoolwork or homework completed on the computer.

Healthy People 2020 PA-8.2: Increase the proportion of children who view television, videos, or play video games for no more than 2 hours a day, with a goal of 86.8 percent; PA-8.3: Increase the proportion of children who use a computer or play computer games outside of school (for nonschool work) for no more than 2 hours a day, with a goal of 100 percent (State average is 98.7%; column removed due to small sample size).

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 78: Amount of Physical Activity Children Believed They Needed for Good Health (N=651)

About how many minutes do you think you should exercise or be active each day for good health?
About how many days each week do you think you should exercise or be active?

	Mean		Percent
	Minutes of Physical Activity Believed Needed	Days of Physical Activity Believed Needed	Believed >60 Minutes of Physical Activity Needed 7 Days a Week
Total	62.4	5.6	34.1
Gender			
Male	63.7	5.8 *	38.2 *
Female	61.0	5.4	29.8
Age			
6-8	62.5	5.6	36.9
9-11	62.3	5.6	30.6
Ethnicity			
White	77.0 ** b	6.1 ** a	45.2
Black	67.2 ab	6.0 ab	36.4
Hispanic	57.7 a	5.5 b	31.3
Asian/Other	82.8 b	5.7 ab	40.6
Parent Education			
Less than High School	50.9 *** a	5.2 *** a	23.9 ***
High School Graduate	66.8 b	5.8 b	41.0
Some College/Graduate	76.6 b	6.1 b	45.4
Overweight Status			
Not Overweight	63.5	5.7	35.4
Overweight/Obese	66.1	5.8	36.6
Fruits and Vegetables			
Met MyPlate (2½-5 cups)	59.9	5.7	42.8
Below Guideline	62.8	5.6	32.8
Physical Activity			
≥ 60 minutes	68.4 ***	5.8 ***	41.7 ***
< 60 minutes	54.9	5.3	24.7
School Breakfast			
Yes	61.8	5.9 *	36.8
No	62.6	5.5	33.2
School Lunch			
Yes	64.0	5.8 **	37.1
No	61.2	5.4	31.7
Fast Food			
Yes	70.2	6.0 **	48.2 **
No	61.3	5.5	32.1
Nutrition Lesson			
Yes	61.4	5.6	34.3
No	65.1	5.6	34.5

Excludes those reporting "don't know" and those who refused to answer.

Based on the *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*: Children should do 60 minutes or more of physical activity each day.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

Chi Square Test

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 79: Percentage of Children who Reported Playing on Organized School or Community Sports Teams (N=651)

Right now, do you play on any sports teams, including any teams run by your school or community group?

	Children Playing on Sports Teams, Percent
Total	34.2
Gender	
Male	40.9 ***
Female	27.3
Age	
6-8	31.1
9-11	37.9
Ethnicity	
White	32.2
Black	37.2
Hispanic	34.3
Asian/Other	30.9
Parent Education	
Less than High School	34.4
High School Graduate	28.7
Some College/Graduate	36.6
Overweight Status	
Not Overweight	34.1
Overweight/Obese	31.4
Fruits and Vegetables	
Met MyPlate (2½-5 cups)	34.8
Below Guideline	34.1
Physical Activity	
≥ 60 minutes	37.9 *
< 60 minutes	29.7
School Breakfast	
Yes	35.6
No	33.8
School Lunch	
Yes	35.1
No	33.5
Fast Food	
Yes	40.1
No	33.4
Nutrition Lesson	
Yes	42.9 **
No	29.9

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 80: Top Five Most Common Forms of Exercise or Physical Activity (N=651)

What physical activities did you do yesterday?

Rank	State Total	Boys	Girls
1st	RUNNING/JOGGING	RUNNING/JOGGING	RUNNING/JOGGING
2nd	SOCCER	SOCCER	WALKING
3rd	WALKING	BASKETBALL	PLAYGROUND GAMES
4th	PLAYGROUND GAMES	WALKING	TAG
5th	BASKETBALL	OTHER BALL GAMES	OTHER BALL GAMES

Rank	White	Black	Hispanic	Asian/Other
1st	RUNNING/JOGGING	RUNNING/JOGGING	RUNNING/JOGGING	RUNNING/JOGGING
2nd	PLAYGROUND GAMES	BASKETBALL	SOCCER	BASKETBALL
3rd	WALKING	TAG	WALKING	TAG
4th	BASKETBALL	PLAYGROUND GAMES	PLAYGROUND GAMES	PLAYGROUND GAMES
5th	OTHER BALL GAMES	OTHER BALL GAMES	TAG	BIKE RIDING

Physical activities include aerobics/weight training/gym/exercise, baseball/softball/catch/pitching, basketball, bike riding, cheerleading, dance, field/street/roller hockey, football, golf, gymnastics/tumbling, hiking, ice hockey/skating, jumping rope, lacrosse, martial arts, playing games: specify, roller blading/skating, running/jogging, scooter riding, skateboarding, soccer, swimming, tennis, track and field, volleyball, walking, wrestling, other: specify

2013 California Children's Healthy Eating and Exercise Practices Survey

**Table 81: Frequency of Reported School Physical Education Classes
by Average Minutes of Physical Activity (N=651)**

In the past school week, how many days did you have PE or gym class?
How long did you spend doing [ACTIVITY] yesterday?

Physical Education Classes	Percent	Mean Minutes of Physical Activity
Days per Week		
None	15.0	84.0
1-2	37.8	79.0
3-4	23.1	72.6
5	24.0	88.0

Excludes those reporting "don't know" and those who refused to

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* $p < .05$

** $p < .01$

*** $p < .001$

2013 California Children's Healthy Eating and Exercise Practices Survey

**Table 82: Percentage of Children who Reported Having a Television
in Their Bedroom (N=651)**

Is there a television in your bedroom?

	Television in Bedroom, Percent
Total	62.4
Gender	
Male	59.9
Female	65.0
Age	
6-8	58.4
9-11	67.3
Ethnicity	
White	53.7
Black	68.2
Hispanic	63.4
Asian/Other	57.3
Parent Education	
Less than High School	64.5
High School Graduate	65.4
Some College/Graduate	57.9
Overweight Status	
Not Overweight	59.3
Overweight/Obese	68.6
Fruits and Vegetables	
Met MyPlate (2½-5 cups)	58.7
Below Guideline	63.0
Physical Activity	
≥ 60 minutes	59.6
< 60 minutes	65.9
School Breakfast	
Yes	63.2
No	62.2
School Lunch	
Yes	60.0
No	64.3
Fast Food	
Yes	70.7
No	61.3
Nutrition Lesson	
Yes	63.7
No	62.1

Includes television in the child's bedroom or the room where they sleep.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001